WHAT IS CLAIMED IS:

A method for insulating or thermally protecting a rocket motor assembly comprising a rocket motor casing, a propellant, and a nozzle assembly, said process comprising (a) forming a rocket motor ablative material from a prepreg comprising at least one impregnating resin matrix and a reinforcement comprising, as a precursor prior to carbonization, at least one aromatic polyamide and (b) insulating or lining a portion of the rocket motor assembly with the rocket motor ablative material.

- 2. The method of claim 1, wherein the reinforcement comprises carded and yarn-spun staple aramid fibers.
- 3. The method of claim 1, wherein the reinforcement comprises yarn-spun aramid filaments.
- 4. The method of claim 1, wherein the reinforcement comprises at least one member selected from the group consisting of aramid felt and aramid flock.
- 5. The method of claim 1, wherein said insulating or lining of a portion of the rocket motor assembly comprises applying the ablative material as a bulk ablative material of an exit nozzle liner.

- The method of claim 1, wherein said insulating or lining of a portion of the rocket motor assembly comprises applying the ablative material as a bulk ablative material of a reentry vehicle nose cone.
 - A method for insulating or thermally protecting a rocket motor assembly comprising a rocket motor casing, a propellant, and a nozzle assembly, said process comprising (a) forming a rocket motor ablative material from a prepreg comprising at least one impregnating resin matrix and a reinforcement comprising, as a precursor prior to carbonization, at least one poly(meta-arylaramid) and (b) insulating or lining a portion of the rocket motor assembly with the rocket motor ablative material.
 - 8. The method of claim 7, wherein the reinforcement comprises carded and yarn-spun staple aramid fibers.
 - 9. The method of claim 7, wherein the reinforcement comprises yarn-spun aramid filaments
 - 10. The method of claim 7, wherein the reinforcement comprises at least one member selected from the group consisting of aramid felt and aramid flock.
 - 11. The method of claim 7, wherein said insulating or lining of a portion of the rocket motor assembly comprises applying the ablative material as a bulk ablative material of an exit nozzle liner.

The method of claim 7, wherein said insulating or lining of a portion of the rocket motor assembly comprises applying the ablative material as a bulk ablative material of a reentry vehicle nose cone.